

Lesson 5. LESSON PLAN: PLEASE MAKE CHANGES TO THE APPROPRIATE DATE AND TIME FOR YOUR SETTING.

Course Title: Lesson 5. The SEJ Worksheet Part 1		
Duration: 60 mins	Date: TBC	Time: TBC
<p>Health and Safety Considerations: Prior to training the SEJ Trainer/Facilitator/ Educator must ensure to familiarise themselves with the settings health and safety guidelines and procedures. Which should include but not limited to knowledge of fire procedures, exits, testing of fire alarms, toilet facilities, and first aid availability. These should be supplied by the setting prior to training and relevant information presented to the students before training begins.</p> <p>Students need to have enough space to ensure privacy with their written work, equally to be able to interact with other students easily.</p> <p>Equal Opportunity Issues: (such as language differences)</p> <p>The SEJ is a popular BAME training event therefore prior to training the SEJ Trainer/Facilitator/ Educator must ensure to be aware of any equal opportunity issues to include language differences and catering for special educational needs.</p> <p>To ensure we can cater for the audience needs, we advise completing the SEJ Training Information Pack. This will enable your contact at the SEJ organisation to gain an understanding of your settings requirements and expectations.</p>		

Aim of the course:	
Students will learn:	
<ul style="list-style-type: none"> • How to observe their limiting thoughts and the 'stories' their mind tells them. • How to 'sit in silence' as a meditation practice with a chosen limiting thought. • How the mental, emotional, and physical 'bodies' change when self-enquiry begins 	
Obj. No.	Learner Objectives
1	Complete Step 1. of the SEJ Process.

2	Complete Step 2. of the SEJ Process
3	Begin their journey of personal responsibility and SELF Empowerment

Time	Obj.No. / Content	Trainer Activity	Learner Activity	Resources	Assessment
2 mins	Welcome, and Introduction, Housekeeping Introduce lesson aims and objectives	Introduce Trainer Discuss aims and objectives	Q&A Listening	PowerPoint Slide 1 Pre-recorded video 'SEJ Training – SEJ Training - Lesson 5: The SEJ Worksheet Part 1 video recording	Tutor observation, Q&A
9:05 mins	1. Presentation of the topic	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 5-9 Pre-recorded video 'SEJ Training – Lesson 5: The SEJ Worksheet Part 1 video recording	Q&A

10 mins	1, Exercise 1 The SEJ Worksheet Step 1	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 10 Exercise sheets: Lesson 5 Exercise 1 'The SEJ Worksheet Step 1 Template' 'The SEJ Worksheet Step 1 Example'	Completed exercises Q&A
9:07 mins	2. Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 11-15 Pre-recorded video 'SEJ Training – Lesson 5: The SEJ Worksheet Part 1 video recording	Q&A
8 mins	2. Exercise 2 The SEJ Worksheet Step 2	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 16 Exercise sheets: Lesson 5 Exercise 1 'The SEJ Worksheet Step 2 Template' 'The SEJ Worksheet Step 2 Example'	Completed exercises Q&A Tutor observation
1:15mins	3 Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 17-18 Pre-recorded video 'SEJ Training – Lesson 5: The SEJ Worksheet Part 1 video recording	Tutor observation
5 mins	Plenary	Oral assessment plenary	Listening Participation and contribution Q&A	PowerPoint Slides 17 Pre-recorded video 'SEJ Training - Lesson 5: The SEJ Worksheet Part 1 video recording	Tutor observation oral assessment with show of hands

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